



Ledbury Primary School

PE Curriculum

EYFS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY						
Focus	Locomotion		Stability		Object control	
EYFS objectives	The different ways of moving, chasing games, adjusting speed and changing direction, travelling with confidence and skill around, over, under and through		Standing on one or two feet, squatting, static balances and dynamic balances.		Pushing, pulling, catching, rolling, visual tracking of an object.	
Resources	TOP Start		TOP Start		TOP Start	
Additional opportunities	OAA through continuous provision indoors and outdoors, and Forest School using OAA resource.					
RECEPTION						
Focus	Locomotion		Stability		Object control	
EYFS objectives	The different ways of moving, chasing games, adjusting speed and changing direction, travelling with confidence and skill around, over, under and through		Standing on one or two feet, squatting, static balances and dynamic balances.		Pushing, pulling, catching, rolling, visual tracking of an object.	
Resources	TOP play YST Start		TOP play YST Start		TOPS athletics Elevating athletics	
Additional opportunities	OAA through continuous provision indoors and outdoors, and Forest School using OAA resource.					

Phase 1

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 1						
RECAP (EYFS)	- Negotiate space and obstacles safely, with consideration for themselves and others - Demonstrate strength, balance and coordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing					
Focus	Health & Fitness / Movement games	Gymnastics: Making shapes	Dance: Story book approach	Games: Sending & receiving & aiming	Gymnastics: Families of actions	Athletics
NC objectives	→develop fundamental movement skills, become increasingly competent and confident →extend their agility, balance and coordination, individually and with others	→master basic movements including jumping as well as developing balance, agility and co-ordination	→perform dances using simple movement patterns.	→participate in team games, developing simple tactics for attacking and defending →master basic movements including running, jumping, throwing and catching	→master basic movements including jumping as well as developing balance, agility and co-ordination	→ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities →They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
Resources	Yoga cards Cosmic yoga SAQ cards Fitness trackers TOPS play	TOPS gym PESSCL cards		TOPS play Tag games app	TOPS gym PESSCL cards	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, Forest School, intra and inter sports events.					

YEAR 2

RECAP (Y1)	- Running at different speeds - Control, balance - Moving energetically, such as running, jumping, dancing, hopping, skipping and climbing (EYFS)	- Copying and repeating sequences - Moving and jumping with control - Rolling in different ways	- Copying dance moves and sequences - Copying actions - Making up short dances - Moving to music - Responding to others' work	Moving and stopping safely	- Throwing underarm - Hitting a bat with a ball - Throwing and catching with both hands	- Running at different speeds - The 5 basic jumps - Throwing into targets
Focus	Health & Fitness / Movement games	Gymnastics: Core skills including learning to roll	Dance: Story book approach including taught phrases	Games: Aiming & tag games	Games: Striking & fielding	Athletics
NC objectives	→develop fundamental movement skills, become increasingly competent and confident →extend their agility, balance and coordination, individually and with others	→master basic movements including jumping as well as developing balance, agility and co-ordination	→perform dances using simple movement patterns.	→participate in team games, developing simple tactics for attacking and defending →master basic movements including running, jumping, throwing and catching	→participate in team games, developing simple tactics for attacking and defending →master basic movements including running, jumping, throwing and catching	→ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities →They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
Resources	Yoga cards Cosmic yoga SAQ cards Fitness trackers TOPS play	TOPS gym PESSCL cards		TOPS play Tag games app Golf & archery plans	TOPS play Chance to shine	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, Forest School, intra and inter sports events.					

Phase 2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 3						
RECAP (Y2)	- Moving energetically, such as running, jumping, dancing, hopping, skipping and climbing - Developing agility and FMS	- Plan and perform a sequence of movements - Using feedback to improve performance - Working independently and with a partner - Showing good tension and extension of body parts - Travelling on hands and feet - Exploring shape in the air - Beginning a forward roll	- Deciding on the best space to be in - Using a single tactic - Following rules - Performing and describing different ways of throwing - Participating in team games - Developing tactics for attacking and defending - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		- Describing different ways of running - Performing combinations of the 5 jumps - Describing ways of jumping - Showing control on take-off/landing - Performing and describing ways of throwing	
Focus	Health & Fitness / Stamina & cross country	Gymnastics: Partner work & Acrobatic gymnastics	Games: Invasion games (hockey focus)	Games: Invasion games (Lacrosse focus)	Games: Striking & fielding games	Athletics
NC objectives	→take part in outdoor and adventurous activity challenges both individually and within a team →compare their performances with previous ones and demonstrate improvement to achieve their personal best.	→develop flexibility, strength, technique, control and balance →compare their performances with previous ones and demonstrate improvement to achieve their personal best. →link them to make actions and sequences of movement.	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→compare their performances with previous ones and demonstrate improvement to achieve their personal best. →use running, jumping, throwing and catching in isolation and in combination →develop flexibility, strength, technique, control and balance through athletics
Resources	SAQ cards Fitness trackers TOPS play	TOPS gym PESSCL cards	TOPS cards Quicksticks plans	TOPS cards	TOPS cards Chance to shine	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, intra and inter sports events, swimming .					

YEAR 4

RECAP (Y3)	- Understanding effects of exercise on the body - Building stamina - Improvement in personal best	(RECAP Y2) - Using dance to show a mood or feeling - Making sequences by linking sections - Dancing with control and coordination - Changing rhythm, speed, level and direction - Recognising the changes in the body when dancing	- Throwing and catching with control - Awareness of space – use to support teammates - Knowing and using rules fairly			- Running smoothly at fast, medium and slow speeds - Changing direction and speeds when running - Taking part in a relay - Performing combinations of jumps - Choosing different styles of jumping - Exploring different ways of throwing - Throwing with greater control
Focus	Health & Fitness / Stamina & cross country	Dance: Topic linked	Games: Invasion games (Tag rugby focus)	Games: Net / wall games (badminton & tennis focus)	Games: Target games (archery)	Athletics
NC objectives	→take part in outdoor and adventurous activity challenges both individually and within a team →compare their performances with previous ones and demonstrate improvement to achieve their personal best.	→ perform dances using a range of movement patterns → compare their performances with previous ones and demonstrate improvement to achieve their personal best.	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→compare their performances with previous ones and demonstrate improvement to achieve their personal best. →use running, jumping, throwing and catching in isolation and in combination →develop flexibility, strength, technique, control and balance through athletics
Resources	SAQ cards Fitness trackers TOPS play		TOPS cards	TOPS cards Badminton hub resources LTA Resources	TOPS cards Archery plans	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, intra and inter sports events.					

Phase 3	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 5						
RECAP (Y4)	- Develop flexibility, strength, technique, control and balance RECAP (Y3) - Comparing and contrasting gymnastic sequences - Adapting sequences to suit different types of apparatus - Including a range of shapes - Working with a partner to improve sequences - Exploring and developing upper body strength - Balancing on the floor and apparatus - Balancing on different points (1,2 3 or 4) - Travelling and balancing with a partner	- Catching with one hand - Throwing and catching accurately - Hitting a ball accurately with control - Keeping possession of a ball - Varying tactics and adapting skills depending on what is happening in the game - Playing competitive games and applying basic principles for attacking and defending				- Running over a long distance - Sprinting over a short distance - Jumping in different ways - Watching and describing specific aspects of jumping - Setting realistic targets when jumping for distance or height
Focus	Health & Fitness / Orienteering	Games: Hockey	Games: Netball & basketball	Games: Tag rugby	Games: Cricket & rounders	Athletics
NC objectives	→develop flexibility, strength, technique, control and balance →take part in outdoor and adventurous activity challenges both individually and within a team	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→compare their performances with previous ones and demonstrate improvement to achieve their personal best. →use running, jumping, throwing and catching in isolation and in combination →develop flexibility, strength, technique, control and balance through athletics
Resources	SAQ cards Fitness trackers	TOPS cards Quicksticks	TOPS cards Bee Netball Cards	TOPS cards	TOPS cards Chance to shine	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, intra and inter sports events.					

YEAR 6

RECAP (Y5)	- develop flexibility, strength, technique, control and balance RECAP (Y3) - Comparing and contrasting gymnastic sequences - Adapting sequences to suit different types of apparatus - Including a range of shapes - Working with a partner to improve sequences - Exploring and developing upper body strength - Balancing on the floor and apparatus - Balancing on different points (1,2 3 or 4) Travelling and balancing with a partner	- Gaining possession by working in a team - Passing in different ways - Using forehand and backhand with a racket - Fielding techniques - Choosing tactics for defending and attacking - Using a variety of techniques to pass, dribble, shoot				- Combining running and jumping - Identifying parts of the running performance to be improved - Sustaining pace over distance
Focus	Health & Fitness / Core gymnastics	Games: Spikeball, tennis, badminton	Games: Netball & basketball	Games: Dodgeball / handball	Games: Cricket & rounders	Athletics
NC objectives	→develop flexibility, strength, technique, control and balance	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→use running, jumping, throwing and catching in isolation and in combination →play competitive games, modified where appropriate	→compare their performances with previous ones and demonstrate improvement to achieve their personal best. →use running, jumping, throwing and catching in isolation and in combination →develop flexibility, strength, technique, control and balance through athletics
Resources	SAQ cards Fitness trackers	TOPS cards Spikeball resources	TOPS cards Bee Netball Cards	TOPS cards British Dodgeball Cards	TOPS cards Chance to Shine	TOPS athletics Elevating athletics
Additional opportunities	Daily mile, active lessons, OAA day termly, Race for life, intra and inter sports events.					